FAMILY LIFE

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WHO SHALL DO THE COUNSELING?

With the increasing break-up of marriages comes a growing public recognition of the need of counseling services. Various groups immediately present their own qualifications for acceptance as the authorized, if not, exclusive, marriage counselors of the nation. But a moment's reflection will show that no existing group or profession can meet the requirements.

There are, in the United States and Canada, at least 10,000,000 marriages or 20,000,000 husbands and wives, who ought to have marital counseling, and hundreds of thousands more are adding to the number each year. To suppose that their needs can be met by the few hundred psychiatrists or consulting psychologists or the few thousand social workers not otherwise engaged, is to be naive indeed.

Dr. Samuel M. Shoemaker is more realistic when he says, in his book, "How you can help other people," that the situation requires "training hundreds of thousands, yes, millions of people in the art of getting along with other people, and of helping them." The few experts now available might better devote their time to training counselors, than to insist that they be allowed to do all the counseling in the nation, single-handed!

Most of the counseling will continue to be done by persons who are paid to do other things, e.g., the clergy. The greatest additional source of material for good counseling is to be found in the middle-aged married women, whose children have grown to the age when they are no longer an hourly responsibility. Hundreds of thousands of such women—mature, well-educated, socially-minded—need an outlet for their abilities which professional jealousy often denies them. They should not be condemned to an aimless round of women's clubs and bridge parties. Their husbands are able to support them; they do not want time-clock-punching jobs; but they are in a position to do a large part of the needed counseling, if properly selected, trained, and supervised.

In choosing its own counselors the American Institute of Family Relations is guided largely by the following qualifications:

1. Good moral character, social point of view, and sound and well-informed ethical standards.
2. A well-integrated personality.
3. Experience of successful marriage.
4. Knowledge of human nature.

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5. Willingness to study.

6. Empathy,—the ability to put oneself in another's place without losing objectivity.

7. Adequate experience. The real test of a counselor is the ability to succeed in practice. No college degree will either guarantee this, or take the place of it!

In short, good counselors are produced from emotionally mature persons who are deeply interested in the subject, willing to work hard at it, willing to recognize their own limitations and try to overcome them, and who are possessed of that inborn talent or gift which enables one to be a successful counselor.

If the present crisis in family life makes available the services of thousands of such women, who want to give part of their time to counseling as a social obligation rather than to make money, it will open a new perspective for the family.

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NOTES FROM THE AIFR

What becomes of divorced persons is still an open question. Their expectation of life is known to be relatively short, and their liability to commitment for crime or for mental disease is high, while they are also two or three times as likely to commit suicide as are married persons of comparable age. Probably a majority of them remarry, but there is little information as to how these second marriages turn out. Is it "once a failure, always a failure"? Or does the individual profit by experience and make a success on the second attempt? An earlier study by this Institute showed that the prospects of success in a second marriage, for either a divorced man or a divorced woman, are about 50-50. With increasing divorce, it is important that this problem be studied in more detail and on the basis of a much larger number of cases. Everyone is able to give, from personal knowledge, the details of at least one case of divorce-and-remarriage among his own acquaintances. The AIFR has therefore prepared a short questionnaire to get details on such cases. It requests readers of Family Life to fill out at least one questionnnaire; many can get a larger number filled out by asking students or members of clubs or other groups to help. Write the AIFR today and tell us how many you can use.

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DIVORCE REFORM

Federal control of divorce by a constitutional amendment was rejected by the committee on legislation of the Southern California section of the National Conference on Family Relations. "We may judge what such federal legislation would be," it commented, "from the law for District of Columbia which excludes cruelty and habitual drunkenness." Disparity of the states, ranging from 0 to 11 grounds for divorce, was considered to be too great to be bridged over. A model bill was suggested, to be urged in all states but without expectation that all would concur in it completely. The committee recommended numerous changes in California's divorce laws and procedures.

MAKING FAMILY LIFE SUCCESSFUL

If the American family is to be held together mainly by the liking of the members for each other, society must make a much more determined effort to strengthen its foundations, says Paul H. Landis, sociologist of the State College of Washington. The personal relationships within marriage itself must be greatly improved, and social institutions must be developed which, by sharing the burdens of the family, will remove from the shoulders of parents some of the anxieties which are now so troublesome.

In the last chapter of his new textbook for high school students, "Your marriage and family living" (pp. 373, price $2.20 from McGraw-Hill Book Co., 330 W. 42nd st., New York 18, N. Y., 1946), he suggests some specific ways in which this can be done.

1. Helping people to find the right mates will tend to improve their subsequent personal relationships. This requires a wider range of acquaintance, better education in the schools, the provision of counseling services before and after marriage, and better adult education.

2. To equalize the burdens of childbearing, the nation must provide the heads of families with regular employment and assure them of adequate diet (perhaps through such a device as the food stamps which were used during the depression), medical care through health insurance, and satisfactory housing. The latter might be aided if homes containing minor children were freed from taxation.

More direct easing of the expense of rearing children may require the family wage, widely used in Europe; but more liberal income tax exemptions and more abundant public services are also to be considered.

The next generation will have to work out the details, but the need of action is clear, Dr. Landis believes. "The whole trend of American civilization has been increasingly to shoulder responsibility for the risks that are inherent in the family life of our society. There is little doubt that we must go even further as a society in assuming responsibility for the care of children in the family. This is in the interest of justice and in harmony with democratic ideals."

Dr. Landis starts the book with a short historical survey which some teachers and most pupils will be willing to omit, as they can easily do. He then takes up in practical detail the problems of mate selection, successful marriage, and parenthood. In view of the frequency of divorce, he is realistic in devoting 40 pages to it, with particular reference to the resultant individual damage, — too often overlooked. The volume is abundantly illustrated and supplied with teaching devices and references.

Difference of opinion about minor details should not obscure the fact that this is the best textbook available today for a high school class. With textbooks of this excellence at hand, no Board of Education can honestly pretend that it is unable to give its students education for family life.

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Eighteenth annual meeting of the AIFR will be on Feb. 10, 1947.

THE HIGH COST OF PARENTHOOD

To bring up a child to the age of 18, in an average family with annual income of $2500, costs $9,886, according to computations of Louis I. Dublin and Alfred J. Lotka in a revised edition of their book on "The Money Value of a Man" (pp. 214, price $6 from the Ronald Press, 15 E. 26th st., New York, N. Y., 1946.)

This is on the price levels of 1935-36. Since then, the cost of living has increased greatly, but as wages have also risen, the proportion may not be much changed. It is certainly no more favorable. On any basis, it is bad enough!

The family with annual income of $5,000 to $10,000 will pay out $20,785 to bring one child,—boy or girl,—to the age of 18. That, of course, is not the end of the story. The average boy or girl of 18 in such a family is just reaching the most expensive years, if sent to college.

Four children is a socially and eugenically desirable number, in a family of good quality. Even on an income of not much more than $5,000, the father may be out of pocket $100,000 for the privilege of bringing up these four children, giving them an education, and starting them out into the world. Is it surprising that the birth-rate is low in that stratum of the population?

Take the lower level—$2500 a year—and assume that it represents the salary of a school teacher, in a State where political pressure has enforced the fallacious policy of "equal pay for equal work." The unmarried woman, over a period of say 30 years, has had $2500 a year to live on. The married man, with the same salary, has had to support a wife from it, and the two of them have had to save $40,000 out of it to bring their four children up merely to the age of 18. It is obvious that the real wage is grossly unequal for equal work, and that the schools can not expect to hold good men on it.

Is it not equally obvious that no nation can maintain sound family life under an economic system which penalizes parenthood so drastically? Is it not evident that a more equitable distribution of the financial burdens of childbearing is immediately necessary?

Drs. Dublin and Lotka (of the Metropolitan Life Insurance Co.) do not go into these applications of the facts, but they have provided a wealth of useful statistical information concerning not merely family life but disease, death, insurance, and the burden of the handicapped. The excessively high price of the book will probably limit its distribution largely to libraries, but it ought to be accessible to everyone who wants to think realistically about the problems of the American family.

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INEXPENSIVE PAMPHLETS

WOMANHEALTH, by Katherine Kuder. Pp. 23, free from Ortho Pharmaceutical Corporation, P.O. Box 271, Linden, N. J. "A brief manual of medical information of interest to women"; from puberty to the menopause.

REPORT OF THE COMMISSION ON CHRISTIAN MARRIAGE AND CHRISTIAN HOME, pp. 62, price 15 cts. from the Board of Evangelism and Social Service and the Board of Chris-

tian Education of the United Church of Canada, 299 Queen st., W., Toronto 2B, 1946. An important publication that will be widely useful.

HOW CAN WE TEACH ABOUT SEX? by Benjamin C. Gruenberg. Pp. 32, price 10 cts. from Public Affairs Committee, 22 E. 38th st., New York, N. Y.

SO YOU WANT A DIVORCE? by Ernest A. Warden, pp. 39, price 50 cts. from McGuin Publishing Co., Wichita, Kans. Includes grounds of divorce and residence requirements in every state. Proposes that no divorce be allowed until two years after marriage and no remarriage allowed (except to each other) until two years after divorce.

FAMILY MONEY MANAGER, free from the Institute of Life Insurance, 60 E. 42nd st., New York 17, N. Y. Convenient folder for organizing a budget.

WHY WOMEN WORK, folder, free on request to Women's Bureau, U. S. Dept. of Labor, Washington 25, D. C.

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EDUCATIONAL NOTES

Asheville, N. C., has a Family Life Council of 100 members which is promoting a systematic and comprehensive program of family living, particularly in education and recreation. More than 100 meetings are held each year. A folder describing the work of this organization may be obtained by writing Dr. Mildred I. Morgan, coordinator, at David Millard Junior High School, Asheville, N. C.

Annual meeting of the Western branch of the American Society for the Study of Sterility will be held in Los Angeles, Feb. 7 and 8. Particulars can be obtained from the secretary, Dr. A. R. Abarbanel, 441 S. Beverly Drive, Beverly Hills, Calif.

Roy Dickerson's long-popular book, "So youth may know," will appear this year in a revised edition.

Topic for the student broadcast of America's Town Meeting of the Air on March 20, 1947, will be "Should public schools educate for marriage and family relations?"

"We grow up" is the latest exhibit, now being augmented at the Cleveland Health Museum. Six units are in use and six more have been started. They illustrate visually the changes of adolescence. For the loan of this and other exhibits write to the Cleveland Health Museum, 8911 Euclid Ave., Cleveland 6, Ohio.

"Marriage Education: a brief outline of lectures" (14 pp. mimeographed) is available for 25c from Dr. Harry L. Bauer, Santa Monica Junior College, Santa Monica, Calif., who has been teaching the subject there very successfully for many years.

The National Council on Parent Education, which has been without a staff and inactive for several years due to lack of funds, is being reactivated under the name of the National Committee on Parent Education. In consequence, the Parent Education Clearing-House, which was started in October, 1945, by the publishers of Parents' Magazine, has discontinued.

Although Quebec is popularly supposed to have the largest families, Canadian Census figures show they are smaller than those in Saskatchewan. In the latter province the average family has 3.9 children, in Quebec there are only 3.0. In all the Dominion 31.4% of marriages are childless.

NEW BOOKS IN BRIEF REVIEW

THEIR MOTHERS' SONS, by Edward A. Strecker. Pp. 220, price $2.75 from J. B. Lippincott Co., East Washington Square, Philadelphia 5, Pa., 1946.

Surveying several million American young men whom the past war exposed as emotionally unstable and largely unfit for every-day existence, Dr. Strecker concludes that their troubles are largely due to "Mom,"—a type of over-possessive, self-centered mother who sacrifices the whole family to her own emotional immaturity and who believes that the sickly sentimentality which she calls "mother love" is a substitute for intelligence in the rearing of boys. In this deadly delusion she is abetted by the popular magazines, song writers, and radio entertainers who continually emote concerning her supernatural merits. She will not let her son grow up because she enjoys keeping him dependent on her. The result is his inability to face the world of reality, and his necessity of taking refuge in mental breakdown, alcoholism, or homosexuality. Mom is not the sole offender; Dr. Strecker (a practising psychiatrist in Philadelphia) castigates not merely the father who is too busy to give his wife and children the attention they deserve, but also the various substitute Moms such as the frustrated spinster in the school room; and he does not spare "Progressive Education," either. To correct the disastrous situation, he demands primarily education in the public schools for family life, then a correction of "the defect in our social system which militates against the mother and adds dubious prestige to the mom." The book is as readable and constructive as it is accurate and much needed. Every woman's club and P-TA in the country should give one meeting to a review and discussion of it, preferably on Mothers' Day.

UP FROM THE APE, by Earnest Albert Hooton. Revised edition, pp. 788, price $5 from the Macmillan Co., 60 Fifth ave., New York 11, N. Y., 1946.

Tracing man's ancestry over some 35,000,000 years, Dr. Hooton admits that "If there are any evidences of positive and progressive evolution of the physical man since Neolithic times, say 10,000 years ago, I am ignorant of them. On the other hand it is easy enough to point out the appearance and multiplication of retrogressive and degenerative characters . . . Natural selection has been largely nullified by man's ignorant and purposeless monkeying with his own biological evolution, although most of this interference has been primarily exerted through cultural and social agencies . . . Cannot man, with his vaunted intelligence and his ever-increasing control over everything in nature except himself, learn how to become a better animal?" This comprehensive and well-illustrated textbook is not merely fascinating reading but provides much of the foundation for an education that will make continued civilization possible. The author is professor of anthropology at Harvard University.

MAMANS, AVEC LE SOURIRE, by Marie-France. Pp. 148, price 80 cts. postpaid from Le Centre Familial, 3425 rue Saint-Denis, Montreal 18, Canada, 1946.

Francoise Sebileau, who writes under the pen-name of Marie-France, offers this simple little book of practical suggestions to parents. Any mother who wants to refresh her knowledge of French will find it worth while to read it,—and smile!

NUTRITION IN PUBLIC HEALTH, by Lucy H. Gillett. Pp. 302, price $2.75 from W. B. Saunders Co., West Washington Square, Philadelphia 5, Pa., 1946.

This book is more interesting than its title. Miss Gillett offers an immense amount of information on food values, dietary habits of different ethnic groups, special feeding of children, invalids, and the elderly, and thrifty marketing. Although directed primarily to public health nurses, her material will be helpful to any homemaker.

TECHNIQUES OF GUIDANCE, by Arthur E. Traxler. Pp. 395, price $3.50 from Harper & Bros., 49 E. 33rd St., New York 16, N. Y., 1945.

Dr. Traxler, associate director of the Educational Records Bureau, writes particularly for the school counselor, but his analysis of tests and comment on record-keeping will be of value to anyone studying human nature. The job is too big, he says, to be left entirely to specialists: "The whole thesis of this book is that counselors who are not psychologists are entirely capable of performing the distributive functions of guidance and many of the less involved adjustive functions, provided they will get acquainted with and use the techniques for knowing individuals." In more complex adjustments, "counseling loses much of its scientific character and takes on the guise of a highly sensitive art."

L'INTIMITE CONJUGALE, by Pierre Dufoyer. (2 vols., of 156 pp. each, for the husband and the wife respectively.) 5th ed., pub. by Action Familiale, Brussels, Belgium, 1946.

Very slowly, the current literature of Europe is beginning to arrive in America, and it is naturally interesting to learn what sort of publications are appearing in the field of family life education abroad. These two companion books, published under the penname of Pierre Dufoyer, actually represent the collaboration of a number of priests, physicians, and Roman Catholic husbands and wives. They offer somewhat diluted but sensible advice to married people,—within the framework of the church's official policy, of course. Each sex is particularly instructed to take into account the peculiarities of the other. Men are advised that "the key to feminine psychology is the richness of the heart,—the sentimentality and psychic sensibility. It is not reason, mind, or will that prevails in women, but sentiment." "The husband who combines strength with tenderness, firmness with delicacy, will make his wife happy." On the other side, the peculiarities of the male, which women are told to expect and learn to deal with, are his aggressiveness and desire to dominate, his sensibility, his laziness, his egoism, and his lack of sensitivity to things which wives consider important. If he has any sentimentality, he is ashamed of it. He is more straightforward than woman. Sweetness and tenderness should be the foundation of woman's strategy in dealing with him; he can not easily resist such an

approach, but his wife "should not use it except in a good cause."

WOMAN AS FORCE IN HISTORY, by Mary R. Beard. Pp. 369, price $3.50 from The Macmillan Co., 60 Fifth ave., New York 11, N. Y., 1946.

For many decades, the American public has been offered a picture of woman enslaved by man and now gradually breaking the bonds of servitude. Professional feminists worked themselves into a particular frenzy of indignation over this; but it is still presented to students in most high schools and colleges, particularly by women teachers, as historical truth. Immense harm has been done by this teaching, which is quite contrary to fact in most respects. Mary R. Beard has dealt with the legend in detail and with scholarly competence. She demolishes not only the tradition which pictures woman as a subject sex, but the equally unscientific fantasy that "equality" is the perfect escape for woman from the historic "tyranny" of man. Mrs. Beard's book ought to be required reading for every high school and college teacher who is concerned with family life education.

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AROUND THE WORLD

Emancipation of women is the goal of the Kasturba Movement (named after the wife of Mahatma Gandhi), which will become "the most constructive and dominant movement of this century," Dr. B. H. Mehta predicts in the Indian Journal of Social Work (June, 1946). Unlike feminist movements in Europe and America, the first task of this one will be "to approach the family as a unit of society and to build its unity, strength, and happiness." This requires a break with tradition and the caste system. Basic points of the immediate program will be "the general care of health, adult education, and providing training for home and life work."

Spain has now adopted an extensive program for the financial support of family life. Young people desiring to marry are given a state loan up to 5,000 pesetas, to be repaid after marriage at the rate of 1% each month; but 25% of the total is canceled on the birth of each child. (This is identical with the plan which the Nazis put into effect in Germany.) In addition, annual prizes of 1,000 pesetas are offered in each province to the family with the largest number of children, provided one of the children has been born during the preceding 12 months. Other awards are made along similar lines. Like the somewhat parallel program which Mussolini followed, Franco's policy seems to be one favoring quantity rather than quality of reproduction.

Illegitimate children in France have formed a society known as the Association Internationale des Enfants Adulterins Naturels, to work for their "rights." They particularly want legislation which will enable them legally to adopt the maternal family name and to inherit property.

What are the eugenically desirable types? Several writers discussed this question in The Eugenic Review (London, Oct., 1946). They concluded that society should encourage the reproduction of a wide variety of types characterized by good health and longevity, intelligence, good emotional response, and cooperative or altruistic qualities; and that families which had a high record of humanitarian achievement in the past should

be perpetuated.

Italy now has two P-TA groups, established in Turin through the interest aroused by American consultants there.

Eire (Southern Ireland) has a low birth rate, largely because of late marriage and widespread prevalence of celibacy. In the peak reproductive age group, 25-29 years, only 20% of the Irish men and 38% of the Irish women are married, as compared with 61% of men and 74% of women in the United States.

To coordinate the activities of many specialist organizations, a Family Relations Group has been set up in Great Britain. Lord Horder is the chairman, and the acting secretary is Cyril Bibby.

Reviewing sex education in 39 nations, Dr. Pierre Favreau, Inspector General of the Ministry of Education in France, recommended to the International Bureau of Education that it be made obligatory for all the students in every university.

Canadian youth feels that the schools "have failed the most" in the field of training for marriage and family life, R. E. G. Davis, formerly executive secretary of the Canadian Youth Commission, has revealed in discussing the commission's as-yet-unpublished report on this subject. Almost all the young people between the ages of 15 and 24 who were interviewed stressed the need for more democracy between parents and children, and between husband and wife. The Commission is recommending greater provision for economic aid and security for the family, establishment of marriage counseling centers, and "an extensive plan of education—by films, radio, press, and pamphlet—designed to orient youth toward married life and parenthood; the teaching must be rooted in sound scientific knowledge and be realistic in the light of today's problems."

Uruguay celebrated "Mothers' Week" with day-long programs of adult education over all the nation's radio broadcasting stations. The plan was laid out by the Asociacion Uruguaya pro Educacion de Madres, Medanos 1085, Montevideo.

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RESEARCH NOTES

For many decades the marriage rate and the divorce rate in the U. S. have both been increasing. With increasing divorces, there are more divorcees to remarry. With increasing marriages, fewer persons are left single and therefore more of the marriages will involve persons who have previously been divorced. The remarriage rate of divorcees has therefore undoubtedly increased, but it can not be measured accurately because many persons, in applying for marriage licenses, do not state that they were previously divorced. Ten or 20 years ago it was believed that about 50% of all divorcees remarry. Recent calculations suggest that perhaps 75% of all divorcees now remarry.

About 5% of high school graduates in Des Moines, Iowa, marry promptly after getting their diplomas, according to figures published by the Superintendent of Schools there. Most of those who enter matrimony are girls. For recent years, the percentage of graduates who married before Oct. 1 of the year of graduation was as follows: 6.9% in 1942, 5.1% in 1943, 4.6% in 1944, 2.8% in 1945, and 5.4% in 1946.

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The American Institute of Family Relations is the first organized attempt in the United States to bring all the resources of modern science to bear on the promotion of successful marriage. It was incorporated in 1930 as a non-profit undertaking, and all its services are available to the public at a minimum cost.

Through lectures, conferences, and discussion groups, the Institute carries on an active and continuous educational program. A circulating library provides the public with recent and important books. A correspondence course in the principles, techniques, and materials of counselling, makes the experience of the Institute available to those at a distance, who are called upon to lead, advise, or instruct others in dealing with their personal and family problems.

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